

Time for preventive check-ups



**Stephanie
Stewart**

It's hard to believe that we have turned another page of the calendar and that we are officially seven months into 2023. Though it seems like just yesterday that we celebrated the new year, made grandiose plans, and began preparing for the spring or summer months, we must acknowledge that the halfway point of the year has passed, leaving us with another closed chapter.

Many of the events we carefully planned and looked forward to are gone, and only memories remain.

Soon the summer will conclude, children will return to their classes, vacations will end, and

we will begin preparing for the start of another busy fall and holiday season. I know it's a dreaded topic, but it is reality, and our calendars will quickly fill up with more items to take care of.

Understandably, it does bring a slight sadness knowing time has passed so quickly, but the good news is that we still have five months of precious time before the year ends, and so much more can be accomplished.

So where do you start?

As your Health Benefit Plan director, it would be remiss of me to not mention your health and the health of your family. With the school months right around the corner, I encourage you to schedule preventive check-ups and to make sure that your child's overall health is in a good place.

Remember that when using a PPO provider, we cover the following: routine well-child visits, examinations and immunizations as described in the Bright Futures Guidelines provided by the American Academy of Pediatrics at 100 percent. For a complete list of the American Academy of Pediatrics Bright Futures Guidelines, you can go to brightfutures.aap.org.

Some of the covered benefits are:

- Initial examination of a newborn child covered under a family enrollment.
- Well-child care routine examinations through age 2.
- Routine physical exam (including camp, school and sports physicals)—one annually age 3 through 21.
- Examinations done on the day of covered immunizations, age 3 through 21.

In regard to covered immunizations for your child, you can visit the Centers for Disease Control and Prevention (CDC) website or go to nalchbp.org and click on the "Immunization Schedules" under Quicklinks. Please keep in mind that immunizations can change during the calendar year, but we provide links to the most current recommendations published by the CDC.

Your family's health is a priority, and our plan is to support your journey.

NALC HBP Seminar reminder

Don't forget that the months also are closing in for the 2023 NALC Health Benefit Plan Seminar. From Oct. 15 to 18, the Plan will be hosting our 36th seminar in Las Vegas, NV, and we are hoping to see you there.

To register for the event, please complete the seminar registration form, which is included on our website, and submit it to the address on the bottom of the form. Please make sure to fill out all requested information, as we will need the complete details to accurately process your form.

The NALC Health Benefit Plan room rate at the Tropicana is \$149 plus \$20 resort fee and tax per room, per night. Keep in mind that you will need to complete this soon, as the room block is filling up and the Tropicana room rate guarantee cutoff for room reservations is Sept. 15.

For more information, please visit nalchbp.org.

2023 Open Season supplies

Coming soon, each branch will once again receive a 2023 Open Season Supply Request Form. Please make sure to fill out this form and return it to the NALC Health Benefit Plan in the pre-paid envelope by Aug. 31.

Once the form is completed and returned to the Plan, it will be entered into our system for future fulfillment.

As a reminder, at this time, the 2024 benefits have not been released and our Plan brochures and booklets are not currently in stock.

We continue to work closely with our union printers to receive an expedited shipment and will do our best to process all orders before the start of Open Season; however, there may be an initial delay after the form has been entered.

Keep in mind that although we will make a reasonable attempt to provide the quantities requested, orders may be reduced to ensure that every branch receives the materials needed for promotion of the Plan.

As has been said many times, we truly appreciate your help and look forward to another successful Open Season.